



Trinity Times

TRINITY UNITED METHODIST CHURCH

1809 North Main Street

Anderson, South Carolina

Ramblings from Rev. Roy

Five years can go by quickly. I began as pastor of Trinity UMC Anderson in July 2020. This is my 5 year report.

It began with the Covid pandemic, and worship in the parking lot. We held "Porch Sessions" to meet and learn about each other in small groups. We upgraded WiFi and church equipment, and quickly shifted to do more online communications, worship, and discipleship. We experienced the great loss of a multi-talented and beloved staff member, Mary Beth Langley.

Staffing continued to shift and change as our Youth Director, Patrick Griffey left for another position. Two longtime employees, Carolyn Brashear and Joyce Camp retired. Kathryn Bariou transitioned from Preschool Director to Minister of Discipleship and Outreach, and was ordained Deacon in Full Connection (and became The RevKat). Tiffany Fowler was hired as our new Preschool Director, and the Children and Youth positions were combined into one full-time position held by Dawn McLin. The Administrative Assistant and Financial Secretary positions were combined and Brenda Stephens holds these positions. And Rosalie Hovencamp was hired as Coordinator of Communications/Media and Contemporary Band Leader.

The United Methodist Church as a denomination fractured over the last five years and we lost roughly 25% of our congregations. While the South Carolina United Methodist Annual Conference saw some of its churches separate from the denomination, the overwhelming majority (more than 730 churches) remain committed and rooted in The United Methodist denomination. Trinity UMC always kept the vision of "making disciples of Jesus Christ for the transformation of the world" and our mission to "love God and all people, learn God's will and ways, and live for Christ in the world" in front of us as our focus and guide.

In the summer of 2021, we began a new ministry engaging with families at Fortson Community Homes over the summer taking the weekend snack packs for the children and having a Friday fun day with them while also providing lunch. A year and half later, we began an after-school tutoring program two days a week during the school year for children at Fortson.

In 2022, we began the initial training for Stephen Ministry, and launched that program in January 2023.

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Church Office Hours

Monday-Thursday
8:30 am—2:30 pm

Friday—Closed

We partnered with Rebuild Upstate in 2023 for our first home renovation with them and continue to value their partnership and work together throughout Anderson County. The Men's Ministry of Trinity continue to build handicapped ramps for AIM and Rebuild Upstate clients as well.

We updated camera and projection equipment in the sanctuary and fellowship hall and began live-streaming worship services.

We partnered with Epworth Children's Home, updated our Trinity House (little white house on property across from the playground), and helped to establish the Epworth Counseling Center of Anderson in 2023 that services Oconee, Pickens, and Anderson counties with Christian counseling and Foster home support.

In the late fall of 2023, we launched #TrinityStrong campaign to pay off debt, build some reserves, and added a Spring Festival for our community in 2024. We became 100% debt-free in 2024.

In the 2024-2025 school year, Trinity's Women's Ministry Group "adopted" the teachers and staff at Nevitt Forest Elementary School as an outreach ministry.

Trinity UMC led a "Volunteers in Mission" UMC mission trip to Costa Rica in 2025. Trinity's Pumpkin Patch continues to provide funds for community missions and non-profits.

Over the last five years, Trinity UMC has

Added new members = 71

Lost members to death = 47

Graduated from High School = 44

Confirmed = 22

Baptized = 13

Paid off debt/loans = \$146,931to become 100% debt-free!!

Given in monthly mission offerings = \$37,023

Donated Pumpkin Patch funds into community = \$105,477

Over the last five years, we have been through ups and downs. We have lost a lot of good people, and gained a lot of good people. We continue to make a real difference in people's lives throughout the community and beyond. And I continue to hear stories of how people are growing in their faith as disciples of Christ through our various ministries. It is an honor to serve as your pastor. Thank you Trinity for the last five years, and I look forward to serving together even more.

Together we are #TrinityStrong!

Grace and peace,



Red Shoe Reflections with Rev. Kathryn



We are quickly approaching the one year anniversary of the day I was ordained as a deacon in full connection. On one hand, the time has flown by but on the other hand, the journey seemed quite long. We are also close to the 7 year anniversary of hearing God calling me into ordained ministry and starting seminary. It also marks the 8th year since I knew God was calling me away from the preschool. Yes, God told me I was leaving the preschool before God told me where I would be going. All those dates mark important milestones in my life and my faith journey. I am aware that I do not have a date for the biggest event in my life.

I don't know the day that I gave my life to Christ. Sometime between 8 and 10 years old, it just happened. I am sure that is a testament to my parents, grandparents and those who were key people in my life early on. While I don't have a date for that life changing event, I can tell you it was just that, life changing. Christ has been my light in the darkest moments of my life - "The light shines in the darkness, and the darkness can never extinguish it", John 1:5 (NLT). Christ has brought me healing of body, mind and spirit when I was at the end of my rope - "for she thought, 'If I can just touch his robe, I will be healed'", Matthew 9:21. I have been reminded in the midst of turmoil that I am not in control, and don't have to be - "The Lord himself will fight for you. Just stay calm". Exodus 14:14. And I have felt overwhelming, never ending love of God that I do not deserve - "For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. God sent his Son into the world not to judge the world, but to save the world through him." - John 3: 16-17.

No, I don't know the day my life changed, but I know without a doubt that it changed for the better.

Kathryn



Interested in Joining Trinity United Methodist Church?

You may join by baptism and profession of faith, or by transfer from another United Methodist Church or another denomination if previously baptized. If you would like to learn more or discuss with a pastor, please contact Rev. Roy or Rev. Kathryn at the church office.

As members of this congregation (Trinity United Methodist Church - Anderson), we vow to faithfully participate in its ministries by our **prayers**, our **presence**, our **gifts**, our **service** and our **witness**

Online Giving

You may give online at www.trinityanderson.org/giving-2/. Create your own account by visiting the website and clicking on give and following the instructions there. Creating your own account lets you monitor your giving at any time during the year. For those who wish to give one-time gifts, you may also do that by clicking on "click here to give now." You do not have to create an account to give one time. **There is an option to contribute an additional 3% to help cover fees for your online transaction.**

Certain funds are already listed. If you do not see a fund to which you wish to give or make a payment, choose one that is closely related and make a note in the comment section or send an email to trinityadm1809@gmail.com with the details of the transaction. Thank you!

Thank You for Your Gifts!

Ways to Give:

Sunday offering—place in designated offering boxes

In Person—drop off at the church office

Online—trinityanderson.org/giving-2/
Choose the fund to which you wish to give (please include 3% fee)

Mail—

Trinity United
Methodist Church
1809 N. Main Street
Anderson, SC 29621



Trinity Financial Update

The General Fund is our non-designated fund from which our operational expenses are paid.

<u>General Fund (Budget)</u>	<u>April</u>
Beginning Balance	\$ 2,878.28
Income/Transfers	\$ 49,399.38
Expenses	
Personnel	\$ 38,700.81
Administration, Building, Maintenance	\$ 12,471.30
Programs/Ministries	\$ 1,036.37
Ending Balance	\$ 69.18
Monthly Mission - April	\$ 1,225.00
2025 Apportionments Due	\$ 69,589.00
Apportionments Received to Date	\$ 150.00



Monthly Mission

News **June**

We will be collecting water and gatorade for the South Main Chapel & Mercy Center. A cart will be located by the nursery door on Sundays for you to drop off your donations. As we enter the hottest season of the year, let us help those served by the Mercy Center to stay hydrated during these hot months.

Can we donate 1000 bottles this year?



Sympathy

The Trinity Congregation expresses Christian love and sympathy to

- David Ford upon the death of his brother-in-law, Barney Poole
- Jim Brookshire upon the death of his sister, Lynn
- Erin Averette upon the death of her sister-in-law, Dani McLaughlin

Note to Trinity

Thank you so much for your generous gift to Safe Harbor. Your support enables us to continue providing critical and life-changing services to survivors of domestic abuse in the Upstate. Safe Harbor provides emergency shelter to adults and children fleeing abuse, clinical therapy and case management to survivors of abuse, education on domestic abuse to schools and other community organizations, and housing assistance programs to survivors as they start a new life. We do so much, and your contribution enables us to do so much more.

Danny Varat, Ph.D
CEO, Safe Harbor

Congratulations **Rev. Ray Tavenner**

We congratulate and lift up our prayers for Ray Tavenner. Ray is a retired UM pastor from the Western NC Conference who has been worshipping with us here at Trinity UMC over the last year. Ray was asked and has now accepted another appointment here in the Anderson District. He will be serving Ann Hope UMC and Friendship UMC in the Seneca/Clemson area. Ray's wife, Anne, is planning to still worship and sing in the choir here at Trinity so we will continue to be blessed by them in various ways. Let's send our love and prayers for Ray and those congregations.

Gifts

Chancel Choir Fund

In memory of Erica Anderson by
Jim & Pat Lemons

General Fund

In memory of Phyllis Morrison by
Howe & Laura Creel

Youth Fund

In honor of Dawn McLin by
Trinity Youth & Kids

WORSHIP AT TRINITY UMC - 2025

Summer Worship

June 1 - Ascension Sunday - Rev. Kathryn Bariou
Scriptures: Acts 1: 1-11 and Luke 24: 44-53

June 8 - Pentecost Sunday - Rev. Roy Mitchell
Scriptures: Acts 2: 1-21 and John 14: 8-17

June 15, 22, and 29 - Rising Strong Series

"...just as Christ was raised from the dead by the glory of the Father, so we also might walk in newness of life," (Romans 6:4b). The Bible is full of stories of redemption, change, and hope. Through a few of those stories, we will discover how faith in a Risen Jesus can transform our lives for the better here and now. (Breakthrough Worship Resources)

June 15 - "Rising from Skepticism" (Thomas) - Rev. Roy Mitchell
Scripture: John 20:24-28

June 22 - "Rising from Denial" (Peter) - Rev. Roy Mitchell
Scripture: John 21:15-19

June 29 - "Rising from Hatred" (Saul/Paul) - Rev. Roy Mitchell
Scripture: Acts 9:1-22

July - Heroes of the Faith Series

Heroes do not just belong in comic books and blockbuster movies. We have them in real life too – people whose courage, strength, and resilience we can look up to as models for our own lives. In this summer series, we will meet four outstanding heroes from our faith story. Their readiness to listen to God's voice in their lives and act on it inspires us to do the same. (Breakthrough Worship Resources)

July 6 - Deborah - Rev. Roy Mitchell
Scriptures: Judges 4: 4-11 and Judges 5: 1-9

July 13 - Rahab - Rev. Roy Mitchell
Scripture: Joshua 2: 1-14

July 20 - Lydia - Rev. Kathryn Bariou
Scripture: Acts 16: 13-15, 40
*** Historic Providence UMC Church - 9am - Rev. Roy Mitchell*

July 27 - Esther - Rev. Roy Mitchell
Scripture: Esther 3: 13; 4: 13-17



The Oasis Service @ 9:00am in our Fellowship Hall - our version of a modern, laid-back service with a praise band, family tables, community prayer, holy communion, and message.

The Traditions Service @ 11am in our sanctuary - Traditions have a place here: choirs, handbells, hymns, liturgy, and sermon.

Both services are live streamed so you can join us online from anywhere ...when you can't be here!



TRINITY K.I.D.S. KIDS IN DIVINE SERVICE



June Edition

What's Happening in a Glance



Hello, friends. This month, our KIDS ministry will be looking at the story of the good Samaritan. We do not always remember what somebody says to us, but we rarely forget the ones who show up for us. God sends so many folks along the path of the man injured in this story. Jesus tells us a little about each one and as the story unfolds, the hope seems to be lost. But then, a man (who loves more than he fears, gives more than he gets, and sees with more than his eyes) stops and makes a difference. How often in our lives do we ignore, side-step or avoid an uncomfortable situation because we don't want to get messy. Life is messy. Faith is messy. Hope is messy. Being a disciple means seeing, hearing, helping and caring more than the ordinary folks because Jesus calls us to be more than the minimum. He calls us to lift others, even when our arms are tired. He calls us to care about others, even the ones who do not care about us. He calls us to speak for those without a voice, provide for the ones who cannot repay it, love the ones who are hardest to love, forgive the ones who do not deserve to be forgiven and hurt for the ones nobody else sees. He calls us to be like Him. Jesus has hurt for us, cared for us, carried us and seen us when others were all too happy to pass us by. He now asks us to do the same. Look around this month. Who is hurting and unseen? Who needs all the Jesus you got to hold onto hope? Who is in need of healing and care on the side of the road of life and how can you help? The world needs you and Jesus is counting on you.

Words to Ponder:

There is no better exercise for your heart than reaching down and helping to lift someone up.

- Bernard Meltzer

Lessons for June

Sunday School

10:00 AM - 10:55 AM

Hershey's Kiss
Good Samaritan

Week One - Story

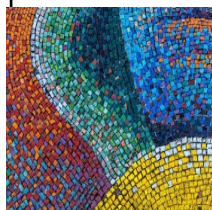
Week Two - Science

Week Three - Craft

Week Four - Snack

Week Five - Service Project

June 13th Craft Night!



2:00 - 5:30 PM. This year, we will head to a glass studio in Greenville to create something from broken glass. Restoration does not always look like the original but sometimes it can be better.

Midweek Wednesday Night Meals:
Paused until August 13, 2025.

As always, if you are interested in lending a hand in any part of our children's ministry, there is a place for you, too; please email childrentumc@gmail.com or call or text me at (864) 518-9322. Blessings and peace - Dawn McLin



MAY THE GOD OF HOPE FILL YOU WITH ALL JOY AND PEACE AS YOU TRUST IN HIM, SO THAT YOU MAY OVERFLOW WITH HOPE BY THE POWER OF THE HOLY SPIRIT. • ROMANS 15:13

July 27-31, 2025
SECRET AGENT ACADEMY VBS

JOIN US FOR OUR SECRET AGENT TRAINING CAMP AS WE DISCOVER THE CLUES THAT LEAD US DEEPER IN OUR FAITH IN JESUS.

OUR INVESTIGATION WILL ANSWER:

- Is Jesus Really God's Son?
- Was Jesus More than Just a Good Guy?
- Did God have a Plan?
- Is Jesus Alive?

1809 N MAIN ST, ANDERSON, SC
Trinity United Methodist Church

Luke 10:25-37
Returning to the Father

JAM Session

3rd - 5th Grade JAMS

June 20th 4:00—5:00 PM

(McDs @ 1651 Greenville St.)
Bring your Bible and \$\$ for a drink or snack.

Key Passage:

"Two people are better than one.
They can help each other in everything they do."
-Ecclesiastes 4:9 NIV

The Well Youth Ministry

JUNE 2025

(Midweek Wednesday Night Meals and Midweek Well: Paused until August 13, 2025)

Retreat/Service News

Salkehatchie will be the week of June 21st - 28th. Any youth or youth families interested in being a part of this powerful ministry, please contact Dawn McLin.

July 21st-25th is our summer retreat. We will be attending the **Student Life Camp** at SWU. We have not attended this one before, but one of our counselors has. Please pray for the Lord to be with us this week in powerful ways.

Fortson Fun Fridays began on May 23rd. Each Friday is an opportunity for youth to serve and connect through our outreach ministry. Youth can help serve lunch and help with activities each Friday from 12:00 - 2:00 pm. Summer activities include art days, games and water day. We hope that you can join us for Friday Fun Days. Questions about Fortson? Contact Michelle Lynch, happymommy3g@gmail.com or Kathryn Bariou kmbariou@umcsc.org.

6/1—Our rising 6th Graders will meet at TUMC at 1:45 PM to head to an escape room adventure. They must escape our KIDS Ministry to join our youth group. If they fail in their mission, they will be lost at sea forever... If they make it out, we will grab a sweet treat before returning to TUMC around 5:00 PM.
 6/8—5:30 pm—7:30 pm Dinner and Nailed It 2.0. Our youth will meet to battle it out in a challenge of wits, endurance and baked goods.
 6/13—Our KIDS Ministry will be heading to Greenville for a glass craft project. Any youth who want to help with this one, contact Dawn asap. Space is limited.
 6/15—Happy Father's Day
 6/16—AIM Service and JCs for lunch. We will meet at Trinity at 8:15 am to bus over to AIM and then head over on the bus to JCs for lunch after. Bring money for lunch. We will return to the gym around 1:30 pm.
 6/21-6/28—Salkehatchie week (Pray for a productive week of service)
 6/29—5:30 pm—7:30 pm Dinner and a Movie (Finding Nemo)
 6/30—Aquarium Trip to ATL to Find Nemo for Real!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Promotion Sunday/Rising 6 th Grade Celebration No Well	2	3	4	5	6 Fortson Fridays	7
8 The Well Nailed It 2.0	9	10	11	12	13 Fortson Fridays	14
15 Father's Day No Well	16 AIM Summer Service/Lunch at Jcs 8:30-1:30 PM	17	18	19	20 TGIF Kids 2:00-5:30 PM	21
22 Salkehatchie NO WELL	23 Salkehatchie	24 Salkehatchie	25 Salkehatchie	26 Salkehatchie	27 Salkehatchie	28 Salkehatchie
29 The Well Movie Night Finding Nemo	30 Aquarium Trip					

Our regular weekly youth (The Well) that meets on Sunday from 5:30 pm—7:30 pm will take a pause over the summer to allow for other ways of connecting through retreats, service projects and fun fellowship. Check out our Instagram, Facebook and website for details. We continue to have our youth Sunday school class from 10:00 am—10:55 am in our youth room above the gym. If you are a youth or have a youth interested in plugging in this summer, email thewell.tumc@gmail.com or contact Dawn McLin for any information.

June 13th TGIF Kids Craft Night 2:00 PM - 5:30 PM
Any youth who are interested in helping, contact Dawn.

The Discipleship Path

Did you forget about our Discipleship Path, because I didn't. If you did, this is your reminder that we are all on this path, regardless of our age, place in life or how long we have been on the path. Below you will find three logos, reminding you of the three parts of the Discipleship path, Loving God and All People, Learning God's Will and Ways, and Living for Christ in the World. You will also see these logos throughout the newsletter alerting you to what Trinity is doing and how it fits into our Discipleship Path.

As always, if you have questions, I would love to help answer them. Rev. Kathryn



Trinity United Methodist Church has a caring team of Stephen Ministers ready to walk, listen, provide safe sanctuary, and pray you through **YOUR** tough time.



Please contact, Reverend Kathryn Bariou, Trinity's staff Stephen Leader, at kmbariou@umcsc.org or Reverend Roy Mitchell at rmitchell@umcsc.org.

They will assist you in connecting with a Stephen Minister.

SEE THE POSSIBILITIES, LIVE THE PROMISES!



2025 SOUTH CAROLINA UNITED METHODIST ANNUAL CONFERENCE



See The Possibilities of a Seed: "Plant gardens and eat what they produce." Jeremiah 29:5-7

June 8-11, 2025 | Greenville Convention Center

Please note: Rev. Kathryn Bariou will be preaching
Tuesday, June 10, during the 9 am Morning Praise and Prayer.
You can find the live stream at <https://www.umcsc.org/main-full/>.

Don't Go Alone, Take Jesus



As you head out this summer for vacation, take a little Jesus. Maybe you go on a few day trips or maybe you cross the globe. Take a little Jesus and tell us how far you traveled. Take two and give one to someone else on your travels. We will report in August how far Jesus went this summer. Send a picture, we would love to share them on social media as well. Little Jesus will be available at service, but remember, Jesus is always available via knee-mail.

Welcome New Members



Marcia Whaley



Tom, Addie, Parker, & Laurie Sanders



Anne Tavenner



Disciple Fast Track 1 Becoming Disciples Through Bible Study



Studying the Bible is essential to becoming a disciple of Jesus Christ. This adaptation of the original, best-selling Disciple Bible Study is ideal for busy people who want to fit a comprehensive Bible study into their schedule. Classes cover the entire Bible—from Genesis to Revelation. Groups meet for a total of 24 weeks, broken down into two 12-week sessions, 3-5 chapters of the Bible to read daily. Weekly sessions last 90 minutes.

Join us in August for a more in-depth information session. Evening classes will begin in September and will be led by Jim Brookshire and Linda Peterson.

Campus/Business Report for June 2025

June gives us the longest day of the year with Summer Solstice arriving on June 20th, Father's Day on June 15th, SCUMC Annual Conference starts on June 8th, World Environment Day on June 5th and Global Day of Parents on the 1st along with many other cultural events this month.

During summer months Facilities Management will adjust the cleaning and maintenance schedules while Preschool is closed to allow the opportunity to service equipment, address floor cleaning practices, and service areas without daily foot traffic around the campus.

Please notify the Business & Facilities Manager with any room request, cancellation of scheduled rooms or changes as we best navigate our summer facility schedule to accommodate your ministry needs.

During the week of June 23rd – 27th we will be performing our annual tile floor wax treatment of the 1st floor Education / Preschool areas. This area will be closed for traffic during the week of service to everyone for safety concerns and curing of wax. Please plan to navigate away from the work zone and barricades that will be in place.

Our Springfest event was held on May 3rd with perfect overcast weather for our running events, kid games, silent auction, bake sale, etc. Fun times and fellowship were had by all who attended our event.

Loftis Heating & Air has donated several new HVAC systems for our Springfest silent auction the past two years. This year we had a unit that didn't sell at auction as wished, negotiations were made to have the donated system installed in our church kitchen to replace the dated unit currently in place. Over the summer, we will schedule this change-out that will save the church thousands of dollars, upgrading aging equipment and operate the kitchen with better energy efficiency and comfort.

Our aging facilities require constant maintenance, adjustments and service in order to operate at a level of comfort desired for your ministry use. Your financial support allows us to provide comfortable worship facilities as we broaden our Christian fellowship.

Peace,
David Ford
Business & Facilities Manager

June Sunday Safety Team 10:15 am – noon

1st Steve Compton, 8th David Ford, 15th David Miller, 22nd Marvin McLin, 29th Steve Compton

Pickleball News

Our Pickleball Project was a bigger success than we could have imagined. Some Saturdays saw over 20 people showing up to play and fellowship. A large number of these folks were from outside of Trinity. Our mission and outreach worked! We are so thankful to everyone who helped make this a reality.

It is just too hot to play in the gym through the summer. We have ended this session and plan to start back up in the fall. You can contact Sherryl Laing (934-1251) or Ken Ramsey (376-6324) if you have questions or if you want to sign up on our GroupMe app in order to get notifications.

We look forward to seeing everyone when the weather gets cooler.

Gym Renovations

Trinity's gymnasium was built in 1972 and is in need of some renovations. We are in the process of receiving three different estimates for installing air conditioning to make the space more usable year-round. We hope to have those quotes in a few weeks. We are very grateful for a large donation which will be used to help fund this project. Please be in prayer for this process. We will update you when we know more.

Do you wake up with a to do list in your head? Does it feel like you have more phone, email, calendar reminders than hours in the day? Are you overwhelmed with social media invites, google suggestions, and survey requests? Job, family, bills, errands, yard work, and church activities got your head spinning? The more I see of the world, the more I think busyness is so engrained that it has become a part of the human condition. We want to be productive. We need to make ends meet. We reach for that dream. There is certainly nothing wrong with that. The fact is that while we are here on earth, there is much to be done.

Research on anxiety prevalence in the past 15 years shows that people are feeling more and more anxious with a tendency for younger (under 38 years) people to seek support from a mental health professional. Sadly, older people (over 50 years) are less likely to seek mental health treatment. Research has also found that the reported levels of anxiety are higher. So, not only are more of us anxious; we are also more anxious than they used to be. Among the possible explanations is COVID 19 and the stress that caused. I hesitate to remind you all of those days...wearing masks, washing groceries, and celebrating holidays on facetime. It is certainly true that COVID 19 left a great deal of anxiety in its wake. However, it's actually a bit more complicated. In fact, the increase in anxiety prevalence and severity actually precedes the days of COVID 19. So, why are we more anxious and more importantly, what can we do to overcome anxiety?

Understanding the function of this problem allows us to identify ways we can prevent anxiety from occurring and/or cope with anxiety when it does occur. From a mental health perspective, anxiety diagnoses include adjustment related anxiety, generalized anxiety, and posttraumatic stress to name a few. Anxiety has varying causes which could be related to genetics, brain chemistry imbalances, situational stress, trauma, etc. Anxiety is a physical and psychological phenomenon often interfering with our relationships and our ability to carry on daily tasks. Symptoms can include tension, excessive fear, excessive worry, panic, sleep disturbance, focus/concentration problems, irritability, and becoming overwhelmed. Because each person's circumstances are unique; it can be helpful to meet with a mental health professional to identify the function of each individual's anxiety and the appropriate corresponding treatment. Treatment recommendations can range from increased social support and self care to counseling and/or medication. There are also some general practices that can be helpful in preventing anxiety and minimizing the negative effects that anxiety can have on us.

1. **Be more Self Aware:** Take a few minutes throughout the day to notice how you're feeling. I find it helpful to have clients rate their anxiety on a scale (1 totally calm—10 extremely anxious). That accomplishes two things: measure and comparison. If you find that you are inching in the wrong direction (above a 5 or so), take a break, calm yourself down (self soothe), then proceed with the day.
2. **Self Soothe:** Identify a few things that work for you personally. These can be activities that calm, distract, or ground you. A few examples include watching a funny video, taking some deep calming breaths, listening to music, or taking a walk. It doesn't have to be a long activity; 7—12 minutes will calm your brain and make the rest of the day much more doable.
3. **Practice Self-Care:** Mind, body, and spirit. Taking a vitamin every once in a while doesn't get the job done. In the same way, self care is something that we need to do consistently over time. Avoid high levels of caffeine (that's a no to energy drinks in case you're wondering), spend time in prayer, drink your water, talk out your frustrations, and please...unplug whenever possible.

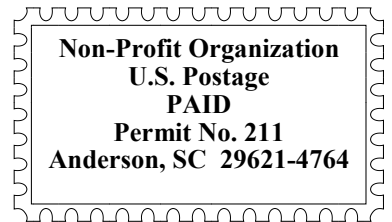
May "the Peace of God which transcends all understanding guard your hearts and your minds in Christ Jesus (Phil 4:6-7)."

Susanne Thurber, LPCS
Director, Epworth Center for Counseling
Upstate Epworth



Trinity United Methodist Church

1809 North Main Street
Anderson, SC 29621-4764



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Church Office.....Phone: 224-2531
Fax: 224-2532 Preschool: 224-9082

www.trinityanderson.org

www.facebook.com/tumcwell

Office hours Monday - Thursday 8:30 am - 2:30 pm
Friday Closed

Trinity United
Methodist Church
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UM News

FAIR. FAITHFUL. TRUSTED.

[https://](https://www.umnews.org/en/)

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